



#03-072

TEXAS DEPARTMENT OF HEALTH  
AUSTIN TEXAS  
INTER-OFFICE

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Barbara Keir, M.A., R.D., Director (Original Signed)  
Division of Public Health Nutrition and Education  
Bureau of Nutrition Services

**DATE:** July 7, 2003

**SUBJECT:** New Bilingual Children's Book available

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Reading to young children is a great way to help develop their verbal skills, prepare them for school, and even teach them about food, eating and nutrition. A new children's book, titled *Beans for Breakfast/Desayuno con Frijoles*, written and illustrated by former state WIC employee Laurie Coker, will soon be available to all WIC local agencies. This colorful, 16-page book can be given to any WIC-aged child. This is a great opportunity to provide all children participating in the WIC program with a book.

The book is most appropriate for children 2 to 5 years; however, since reading to children less than 2 years is frequently somewhat unstructured and involves simply talking about the pictures and pointing out objects and colors, this book could be given to children less than 2 years. Additionally, local agencies may want to consider providing parents with the handout titled *Tips for Reading Aloud to Young Children* along with the book. This handout is available in English and Spanish and can be found in NE Lesson RB-000-14, *Feed Your Child's Future*.

Local agencies participating in the WIC reading initiative can incorporate this book into their reading initiative plan. Unlike the other books in the reading initiative, this book **does not** need to be inventoried or tracked.

Local agencies not participating in the WIC reading initiative are also encouraged to order and distribute this book to children on the WIC program. This book will be stocked in the WIC warehouse. At this time, we are asking each local agency to submit their initial book order using the attached form. We will only accept one order from each local agency. Please complete and fax the attached order form to Shellie Shores, at (512) 458-7609, **by Friday, July 18, 2003**. Books will be shipped to local agencies in August, 2003.

If you have questions or require additional information, please contact Shellie Shores, Nutrition Education Consultant, at (512) 458-7111, extension 3463, or Mary Van Eck, Manager, Nutrition Education and Breastfeeding, at (512) 458-7111, extension 3484.

***Beans for Breakfast/Desayuno con Frijoles***  
(Please only one order per local agency)

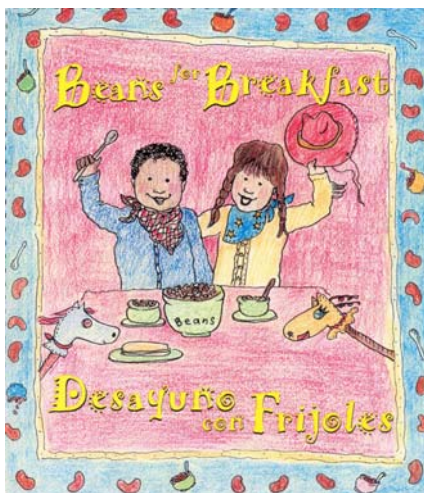
LA # \_\_\_\_\_

LA phone # (\_\_\_\_\_) \_\_\_\_\_

LA Name: \_\_\_\_\_

LA Contact: \_\_\_\_\_

SHIP TO: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_ **Yes**, I want to order copies of *Beans for Breakfast/Desayuno con Frijoles* for my local agency.

\_\_\_\_ **No**, I do not want to order copies of *Beans for Breakfast/Desayuno con Frijoles* for my local agency.

<u>Quantity</u>	<b><i>Beans for Breakfast/Desayuno con Frijoles</i></b>
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Please fax this form to  
**Shellie Shores, at (512) 458-7609**  
**by Friday, July 18, 2003**